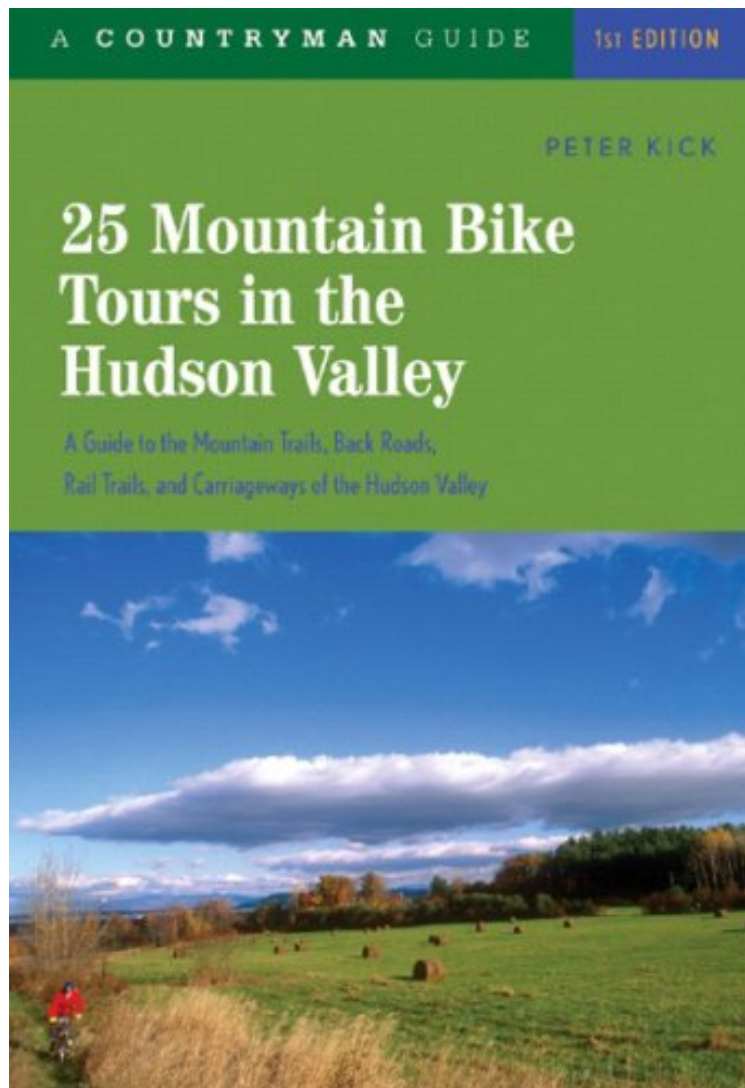


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This updated guide covers a wide selection of mountain biking routes along the Hudson River. Few areas have more to offer the mountain biker than the Hudson Valley, with its scenic beauty, intriguing history, and abundance of trails, organizations, and facilities created expressly for fat tire devotees. Kick's selection of 25 tours is as diverse as their settings. They range from Lake George to Yonkers, from family outings to challenging peak climbs, from rail trails to canal towpaths to heritage bikeways. Each tour description includes complete directions, a comprehensive map, a list of bike shops nearby, and a wealth of details about the land and cityscapes. Written with sensitivity to the Hudson Valley's tradition of outdoor stewardship, 25 Mountain Bike Tours in the Hudson Valley will tell you how and where to get the most from your mountain bike all closer to home than you may think. 26 maps, appendix.